

# **Decreasing deaths from falls among seniors aged 65 to 84 years and 85 and over and/or reduce hip fractures among older females 65 and over.**

Healthy People (HP) 2010 Leading Health Indicator 15-27 & 15-28

**PHN contribution to \_\_\_\_\_ (county/city) Public Health Improvement Plan for 2002-\_\_\_\_\_**

## **Assessment:**

In \_\_\_\_\_ (county/city), the incidence of deaths from falls among seniors and hip fractures among female seniors are as follows for the past \_\_\_\_\_ years.

*Insert county/city incidence data here for deaths from falls in seniors and hip fractures among female seniors showing how it is distributed by race, ethnic group, gender, immigration status and any other relevant factors for the past \_\_\_\_\_ years.*

The incidence of deaths from falls among seniors and hip fractures among female seniors in \_\_\_\_\_ (county/city) differs from or is similar to the state wide profile in the following ways:

*Insert county/city/state comparison data here.*

Describe the factors that influence the incidence of deaths from falls among seniors and hip fractures among female seniors in \_\_\_\_\_ (county/city). Aim to answer the question, "What are the factors that contribute to the incidence of deaths from falls among seniors and hip fractures among female seniors in the county/city?"

## **Diagnosis:**

*NOTE: If the local health department can promise improvement in the incidence of deaths from falls among all seniors and hip fractures among female seniors in the county/city then so state here. If there are no resources available to promise improvement in all, then under this heading describe in what way the extent to which the incidence rate for deaths from falls among seniors and hip fractures among female seniors are worse for different groups. For instance, it is \_\_\_\_% overall but \_\_\_\_% for those living in certain areas of the county/city (therefore the focus for improvement efforts will be on those living in these areas of the county/city).*

## **Identifying Outcomes:**

### Outcome Objective 1

By (date) \_\_\_\_\_, the incidence of death from falls among seniors 65-84 years in SPA \_\_\_\_\_ will be reduced by \_\_\_\_\_ per 100,000 (county/city baseline of \_\_\_\_\_ per 100,000 for \_\_\_\_\_ year, to \_\_\_\_\_ per 100,000). (HP 2010 baseline for US of 17.2 in 1998; HP 2010 target of 3.0 per 100,000.)

### Outcome Objective 2

By (date) \_\_\_\_\_, the incidence of death from falls among seniors 85 years and older in \_\_\_\_\_ (county/city) will be reduced by \_\_\_\_\_ per 100,000 (county/city baseline of \_\_\_\_\_ per 100,000 for \_\_\_\_\_ year, to \_\_\_\_\_ per 100,000). (HP 2010 baseline for US of 107.9 per 100,000 in 1998; HP 2010 target of 3.0 per 100,000.)

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## Outcome Objective 3

By (date)\_\_\_\_\_, there will be a \_\_\_\_% reduction in hip fractures among female seniors 65 years and older in \_\_\_\_\_ (county/city) (county/city baseline of \_\_\_\_ per 100,000 for \_\_\_\_ year, to \_\_\_\_ per 100,000). (HP 2010 baseline for US of 1,055.8 per 100,000 in 1998; HP 2010 target of 416 per 100,000.)

## **Planning and Action:**

### Intermediate Objectives

[DEFINITION: Intermediate objectives link the outcome objectives to the process objectives. They describe the changes that will occur that ultimately result in or produce the desired outcome. They are precursors to attaining the outcome. Intermediate objectives have shorter time frames and clearly reflect what can be accomplished and measured within the time period of the program plan. Intermediate objectives assess measures, which have a high probability of reducing a health problem or increasing resiliency/capacity. These objectives measure the impact of specific interventions designed to achieve the outcome. Intermediate objectives measure changes in organizations, laws, policies, and power structures at the systems level, changes in community norms, attitudes, awareness, beliefs, practices, and behavior at the community level, and knowledge, attitude, beliefs, values, skills, circumstances, behaviors, and practices at the individual/family level.]

*The following are examples of possible/suggested Intermediate Objectives related to decreasing the incidence of deaths from falls among seniors and hip fractures among female seniors based on factors contributing to falls listed in Healthy People 2010, Volume 2, p. 15-40.*

1. By (date)\_\_\_\_\_, alcohol use in the \_\_\_\_\_ population in \_\_\_\_\_ (county/city) will be reduced by \_\_\_\_%, as evidenced by \_\_\_\_\_.
2. By (date)\_\_\_\_\_, \_\_\_\_% of the \_\_\_\_\_ population in \_\_\_\_\_ (county/city) will have improved their gait and balance, as evidenced by \_\_\_\_\_.
3. By (date)\_\_\_\_\_, \_\_\_\_% of the \_\_\_\_\_ population in \_\_\_\_\_ (county/city) will have reported minimal side effects of psychoactive medications.
4. By (date)\_\_\_\_\_, visual impairment in the \_\_\_\_\_ population in \_\_\_\_\_ (county/city) will be reduced by \_\_\_\_%, as evidenced by \_\_\_\_\_.
5. By (date)\_\_\_\_\_, environmental hazards (such as slippery surfaces, uneven floors, poor lighting on stairs, loose rugs, unstable furniture, lack of grab bars in bathrooms, and objects on the floors) in the living space of the \_\_\_\_\_ population in \_\_\_\_\_ (county/city) will be reduced by \_\_\_\_%, as evidenced by \_\_\_\_\_.

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*Using one of the above examples, the following is a demonstration of how the process extends from the Intermediate Objective to the Process Objectives, which describes the action/interventions.*

**EXAMPLE:** *(In relation to Outcome Objective 1)*

## Intermediate Objective 1:

By (date) \_\_\_\_\_, \_\_\_\_% of the \_\_\_\_\_ population in \_\_\_\_\_ (county/city) will have improved their gait and balance, as evidenced by \_\_\_\_\_.

## Process Objective 1:

[DEFINITION: Process objectives are the methods of the intervention. They detail the specific tasks that will be carried out within a specified time frame. Process objectives describes the input; the means by which the intervention or strategy will be implemented. They include inputs, participation, and reactions.]

By (date) \_\_\_\_\_, \_\_\_\_ number of Tai Chi classes will be made available to the \_\_\_\_\_ population in \_\_\_\_\_ (county/city) to improve gait and balance, as evidenced by \_\_\_\_\_. *(Minnesota PHN Intervention: Advocacy; Community, Primary prevention)*

## Process Objective 2:

By \_\_\_\_\_, PHNs will \_\_\_\_\_.

## Process Objective 3:

By \_\_\_\_\_, PHNs will \_\_\_\_\_.

And so on...

*Under the direction of the local health department nursing director, other relevant Intermediate Objectives should be developed that address the Outcome Objective as well as specific Process Objectives that address each Intermediate Objectives.*

NOTE: Ultimately, the Outcome Objective of reducing the incidence of deaths from falls among seniors and hip fractures among female seniors will *only be achieved if other disciplines and the community* contribute in identifying Intermediate and Process Objectives.

## **Evaluation**

Each Process Objective and Intermediate Objective should have a mechanism to evaluate whether or not the objective was accomplished. This includes a mechanism to track progress toward achieving the Outcome Objective at regular intervals.